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FACULTY OF MEDICINE & HEALTH SCIENCES

ATRIA

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MEDICAL FMHS

Little Lives Big Care

Physical & Infectious Illness

Learning & Development Conditions

Parenting & Everyday Care

Community & Support

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FACULTY PROFILE

UNIMAS
UNIVERSITI MALAYSIA SARAWAK
FACULTY OF MEDICINE & HEALTH SCIENCES

Vision

A Global Leader in Medicine and Health Sciences Education.

Mission

To enhance the health and well-being of the global community through the pursuit of excellence in teaching, research, and strategic collaboration.

FOREWORD

Dear readers,

It is a great pleasure to see the fourth issue of ATRIA. Each edition of ATRIA has sought to highlight topics that matter deeply to our community, and this issue is no exception. In this edition, we turn our attention to those who represent our future our children.

The theme, *"Little Lives, Big Care"*, reminds us that the health and well-being of children require more than medical treatment alone. It calls for a collective commitment from families, healthcare professionals, educators, and communities to ensure that every child has the opportunity to grow, learn, and thrive.

Within these pages, readers will find a diverse collection of articles covering childhood illnesses, learning and developmental issues, parenting and caregiving, as well as the importance of early screening and timely intervention. Together, these topics highlight the many dimensions of child health and the vital role that prevention, awareness, and compassionate care play in shaping healthier futures.

At the Faculty of Medicine and Health Sciences, we remain committed to advancing health through education, research, and community engagement. By fostering greater understanding of children's health needs, we hope to contribute towards a society where every child receives the care and support they deserve.

I extend my sincere appreciation to the editorial team and all contributors for their dedication in producing this issue of ATRIA. I hope this edition informs, inspires, and reminds us of the profound responsibility we share in caring for the youngest members of our society. For in every child we nurture today lies the promise of a healthier and brighter tomorrow.

Happy reading.

Prof. Dr. Asri bin Said
Dean

Dear Readers,

This issue brings **Little Lives, Big Care** into focus, reminding us how thoughtful care can make a lasting difference in a child's life. Caring for children is not merely about treating illness; it is about nurturing growth, protecting potential, and shaping healthier futures.

There is a well-known saying, ***"It takes a whole village to raise a child."*** In medicine, that village extends far beyond the clinic walls. It includes families, communities, educators, nurses, doctors, allied health professionals, policymakers, and advocates; each playing a vital role in supporting a child's wellbeing. When this village stands united, care becomes comprehensive, compassionate, and sustainable.

This issue not only explores clinical insights and innovations, but also highlights parent sharing; powerful narratives that remind us of lived experiences, resilience, and the value of partnership in care.

As you read through this issue, we hope it gently reminds you that every role matters, and that your care, compassion, and commitment can make a meaningful difference in a child's life.

Together, let us continue offering big care to the little lives who trust us most.

Amelia Mohamad
Chief Editor

Self- Development Effects on Traumatic Childhood

Assoc. Prof. Dr. Nor Mazlina Binti Ghazali
Guidance and Counselling

Childhood trauma is often associated with experiences such as abuse, neglect, loss, or unstable environments, all of which can significantly affect a child's emotional regulation, self-esteem, identity, trust, and relationships. These adverse experiences disrupt the emotional and psychological development of children, often leading to long-term consequences that extend into adulthood.

During childhood, individuals are exposed to various situations, some of which may become overwhelming and traumatic as they grow. One of the most severe forms of trauma is sexual abuse at a young age, particularly when the child does not receive protection, validation, or support from trusted individuals such as parents, family members, or caregivers. At such a vulnerable stage, children are often unable to fully comprehend what is happening to them, resulting in feelings of confusion, fear, and helplessness. These unresolved experiences can leave deep emotional and psychological scars.

According to Jesynthia Wong & Nor Mazlina Ghazali (2025), recent research provides critical insights into the culturally situated experiences of trauma survivors in Malaysia. These findings challenge Western-centric models by highlighting unique cultural barriers and naming specific themes of survival. In this context, self-development plays a crucial role in the healing process, especially when viewed through counselling and psychological perspectives. Rather than "erasing" trauma, self-development enables individuals to reshape their understanding of past experiences and develop healthier ways of coping and growing. It involves enhancing self-awareness, emotional intelligence, coping strategies, personal growth, and meaning-making. Activities such as reflection, therapy, journaling, and skill-building are essential components of this process. Through self-development, individuals become more aware of how past trauma influences their current thoughts, behaviours, and emotional responses, allowing them to identify triggers and defence mechanisms.

Furthermore, self-development contributes to improved emotional regulation by helping individuals manage overwhelming emotions such as anxiety, anger, and sadness through techniques like physical exercise and breathing practices. Importantly, it also supports reframing negative beliefs, in which individuals learn to challenge and replace maladaptive thoughts with more balanced and compassionate perspectives. This transformation empowers individuals to regain a sense of control, build resilience, and foster healthier relationships, ultimately promoting long-term psychological well-being and recovery from childhood trauma.

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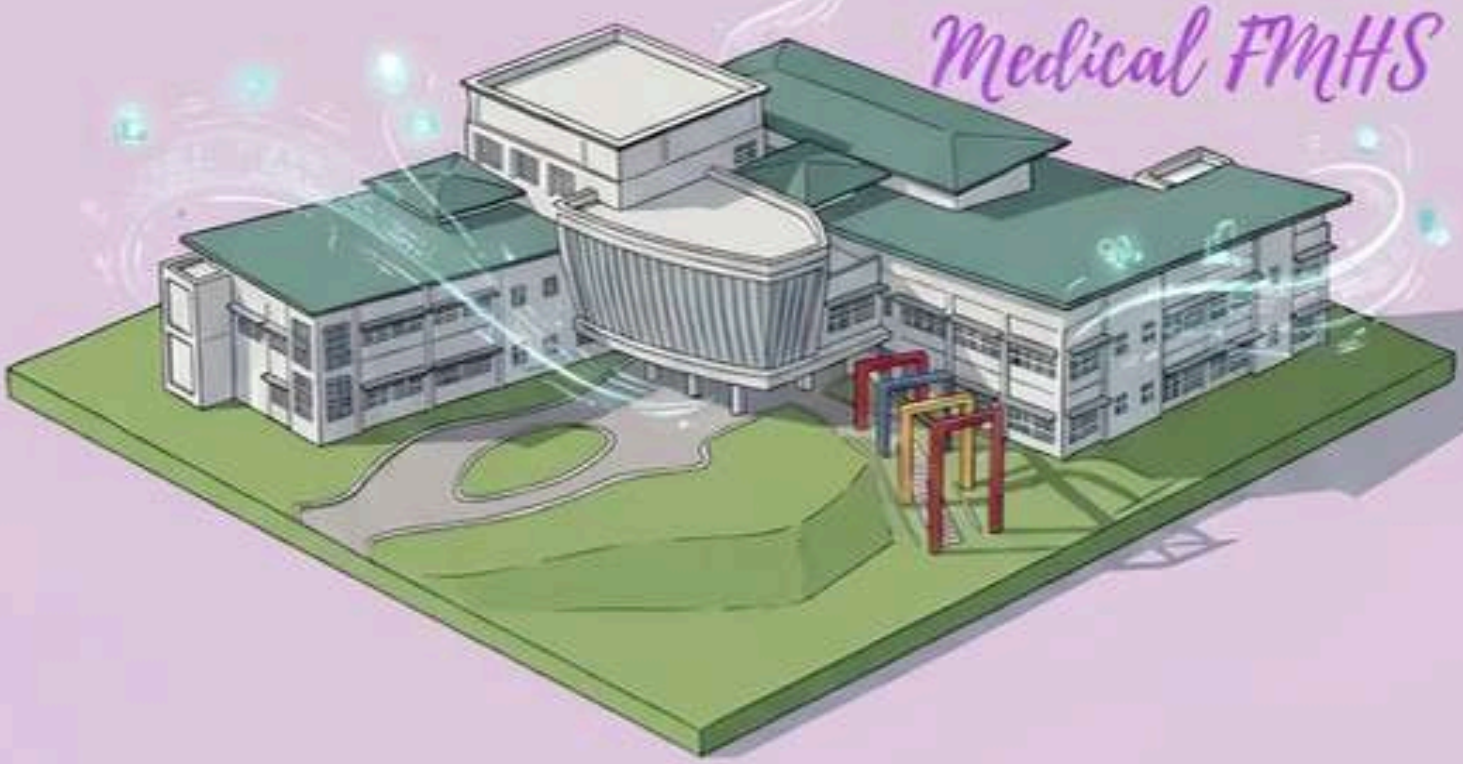
Medical FMHS



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